

31st Annual

Lake Hartwell Dam Run

5K / 10K

& One Mile Fun Run

Saturday

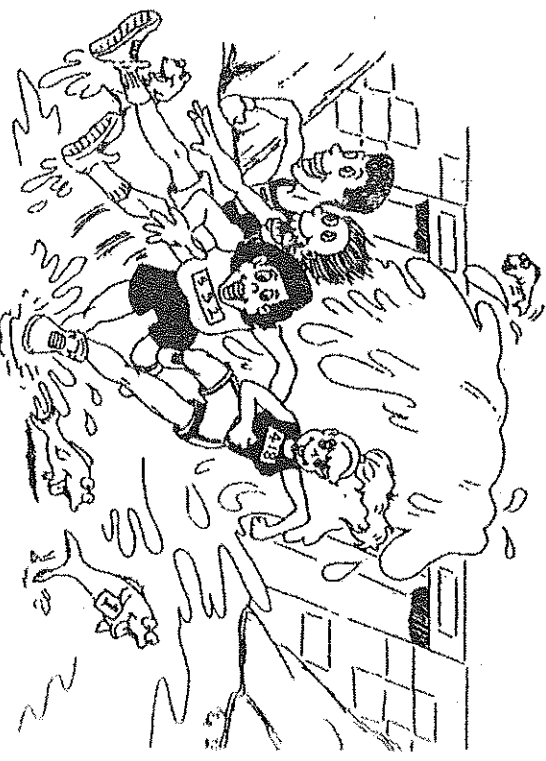
May 2, 2009

8:30 a.m.

At Big Oaks Recreation Area on US 29 just North of

Hartwell, Georgia

Hosted by: The Hart County Chamber of Commerce
& The Hart County Running Club



"Best Dam Run Anywhere"
USA T/F CERTIFIED

RUN AND SIDE CHORCHIA

- ◆ One of Georgia's most scenic 5K races. Runners start in SC and run across the dam (perfectly flat) back into Georgia.
- ◆ Georgia's **most scenic 10K**. Starts in GA, goes across the Savannah River bridge into SC and comes back across the dam to finish in GA. See map on back.
- ◆ 5K & 10K courses USA T/F certified.
- ◆ The One Mile run starts after the 10K.
- ◆ 5K & 10K Registration is \$15 before April 26th. One mile Fun Run is \$15. No shirt option is \$10.
- ◆ Race Day registration is \$20, and no shirt option is \$15.
 - ◆ Packet pick-up begins at 7:00 a.m.
 - ◆ Register on-line at www.active.com
- ◆ 5K/10K Awards: Special awards to Male/Female Overall, Masters, and Grandmasters. 3 deep in 15 age groups for Male/Female, 0-10 to 75 & Over.
- ◆ Fun Run Awards: 3-deep for Male/Female, 0-6,7-9, 10-12 & 13-15.
- ◆ Free Parking. Main parking on Georgia side behind Resource Manager's office. Large picnic area. Restrooms, No Showers. Boat ramps.
- ◆ Camping, marinas, beaches, restaurants and lodging nearby. Call (706) 376-8590 for more information.
- ◆ T-shirts guaranteed to preregistered. Extras available on race day as long as supply lasts.
- ◆ Food and beverages at Finish. Fluids on the course.
- ◆ Directions: Take I-85 to Hartwell exit (177). Go through Hartwell to Resource Managers office on US Hwy. 29 North. Map on back.

active.com™

ENTRY FORM

Last Name _____ First Name _____

Age _____ M ☐ F ☐

Address (Number and Street) _____ D.O.B. ____/____/____

City _____ State _____ Zip Code _____

SHIRT: ☐ S ☐ M ☐ L ☐ XL ☐ XXL Home Phone (Optional) _____

☐ No Shirt

EVENT: **5K RUN/WALK** ☐ **10K RUN** ☐ **FUN RUN** ☐

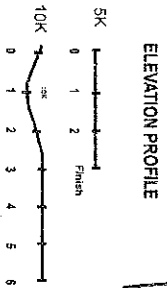
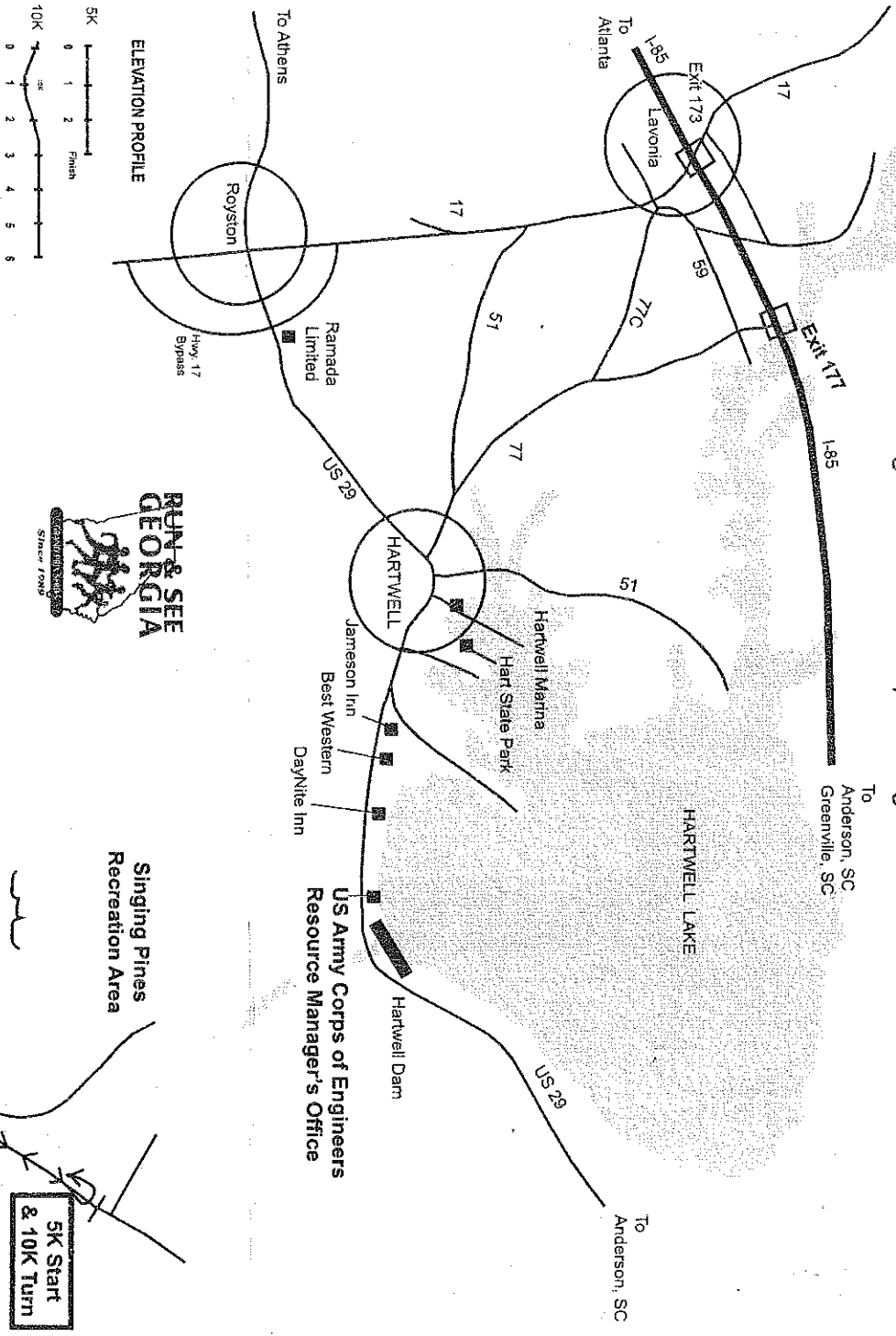


Waiver: I hereby release the sponsors and officials of the **2009 Lake Hartwell Dam Run** from all claims of injury or damages resulting from participating in these events. I realize these are strenuous events which require proper physical conditioning. I hereby certify that I am in proper physical condition to participate.

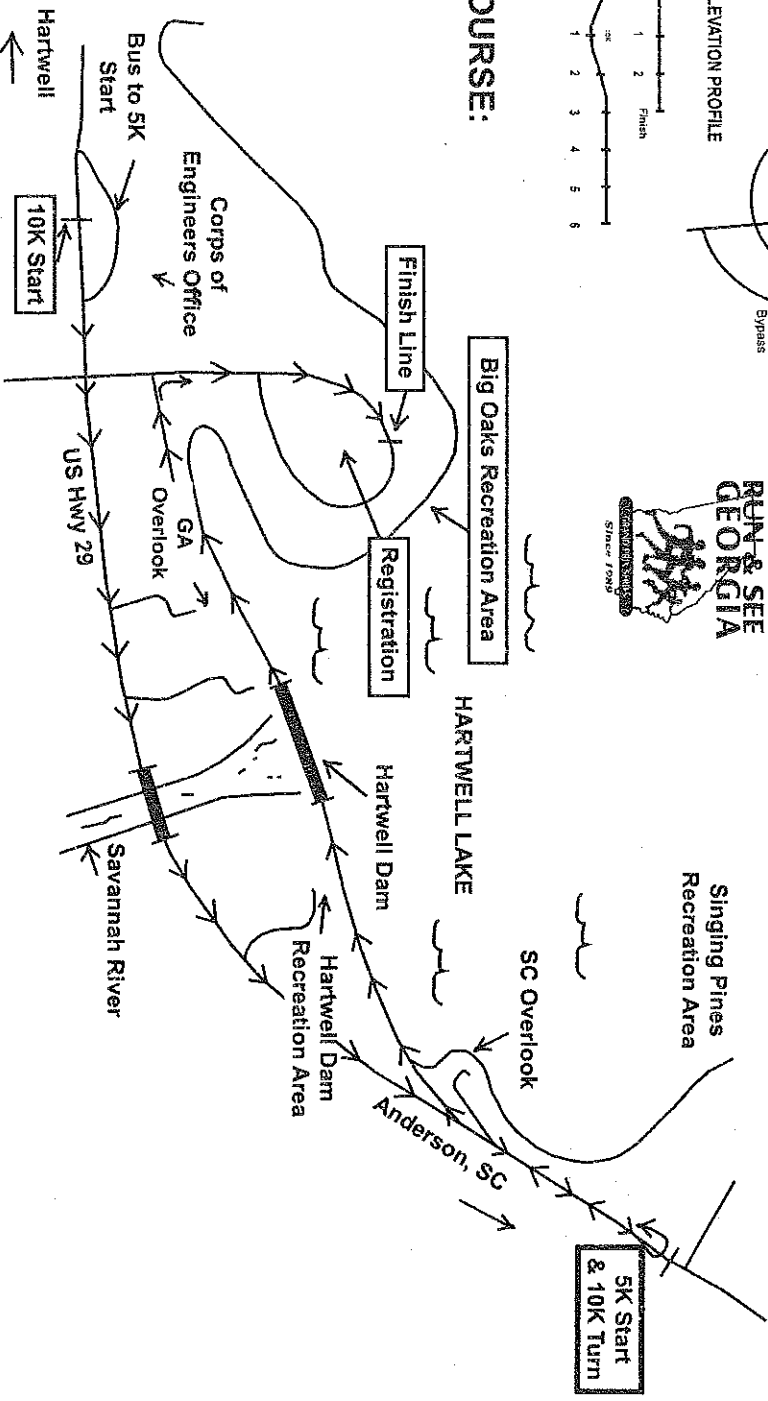
Signed: _____ Guardian if under 18: _____

Checks payable and mail to **Hart County Running Club, P.O. Box 815, Hartwell, GA 30643**. For information call the Hart County Chamber of Commerce (706) 376-8590 or **Will Chamberlin (706) 769-6593 - Email - gwillc@bellsouth.net**

From I-85 take exit 177 South to Hartwell on Hwy. 77 to US 29 go North through Hartwell to Corps of Engineers Office.



COURSE:



Hart County Running Club
P.O. Box 815
Hartwell, Ga 30643
(706) 376-8590

BULK RATE
U.S. POSTAGE
PAID
Hartwell, Ga 30643
PERMIT NO. 86

